



HEALTHY EATING

Healthy foods can help protect your child from lead poisoning

- Iron and vitamin C make it harder for lead to get in the body.
- When lead gets in your body, it stays in your bones. Calcium keeps your bones healthy and strong and safe from lead.
- Foods high in iron, vitamin C, and calcium help keep lead out of the body and protect your child from the effects of lead poisoning.
 - Foods high in **IRON** — beans, eggs, tofu, whole-grain breads and cereals, lean meat, fish, peanut butter, spinach, kale, collards, and mustard greens
 - Foods high in **CALCIUM** — milk, soy milk, yogurt, cheese, corn tortillas, dark-green leafy vegetables, sweet potatoes, almonds, and canned salmon
 - Foods high in **VITAMIN C** — oranges, tomatoes, strawberries, bell peppers, broccoli, papaya, guava, and jicama

Choose healthier foods to help protect your family from lead

- Choose **cereals high in iron or hot cereals such as oatmeal**, instead of sugary cereals.
- Sprinkle **nuts or seeds** on your child's hot cereal for added calcium.
- Bring **nuts or dried fruits, like figs, mango, and apricots**, as an easy, on-the-go snack. They're high in iron and calcium.
- Try **green smoothies with spinach, kale, apples, celery or cucumber**, instead of fruit juices which are high in sugar.
- Boost the vitamin C and flavor in your green smoothie or salad by adding **parsley, kiwi, lemon, or lime**.
- **Avoid candy and snacks made with chili powder or tamarind** — some imported candies have lead in them or in the wrapper.



The choices you make about the foods your child eats does more than just provide good nutrition. It also reduces the harmful effects of lead.

To find out about healthy eating and benefits to buy healthy foods, call **California WIC** at **(800) 852-5770** or go to **myfamily.wic.ca.gov**.